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## COOKING AND DIETING.

It was the privilege of the writer of this notice in August, 1884, to listen to a lecture on the chemistry of cookery, given at one of the conferences at the health exhibition in London, by the genial and enthusiastic author of the volume first named. After having personally urged the immediate publication in America, in book form, of his papers then appearing in the *Popular science monthly*, it can only be possible for the present writer to urge American readers to avail themselves of so much valuable information and sound sense, served up with so much entertainment as Mr. Williams furnishes in his manner of presentation, — a manner well calculated to catch the popular eye, but which at first glance may prejudice the scientific reader. A critical reading from the stand-point of a cookery chemist, as well as from that of a chemical cook, has failed to reveal any errors of statement as to the present condition of scientific knowledge on the subject of cookery. There are many doubtful points, it is true; but they are well stated in the volume before us, and the lines on which further research is needed are clearly indicated. The author, himself a living exemplification of the fact that good cookery allows good health and good spirits, is a chemist and metallurgist, a student yet, though he is rather past middle life. He shows himself well acquainted with laboratory methods of experimentation, and also with practical cooking.

In Mrs. Henderson's book one is startled to find recommended as 'diet for the sick' a slice of Boston brownbread, with cream, for breakfast; fricassee of chicken, with potatoes *à la crème*, for dinner; macaroni and tomato-sauce, with pear compote, for tea. Evidently the author means by the sick, invalids and convalescents, people with delicate appetites which need to be tempted by dainty service and pleasant flavors. The book is not one for the hospital nurse, but for the lady companion of invalids and elderly people, who cannot take exercise. The recipes seem to be excellent, and the directions for serving so as to increase the enjoyment of the food are admirable in points too often overlooked. The author has endeavored to incorporate the latest theories of diet into the cookbook with an enthusiasm which may prove to be well founded, and which may not. Grape-juice and hot water have become pretty well established: peptonized foods, koumiss, and whole wheat are

less certain to hold their own. While the practical part of the book is so worthy of praise, it is to be regretted that the first chapter on the chemical composition of foods had not been omitted, or at least revised by a chemist.

LAST April Mrs. Caroline Dall delivered an address in Washington, D.C., before the Shakspeare club of that city, on which occasion she refuted certain statements made by Mr. Donnelly respecting the 'cipher,' and various assertions of other parties relative to the ancestry, education, and character of the poet. These replies have now been embodied in a volume of some two hundred pages, entitled 'What we really know about Shakspeare' (Boston, *Roberts*, 1885). The author declares that she has endeavored to prepare a work which will show at a glance such facts pertaining to Shakspeare's history as are substantiated by contemporary testimonials and existing documents. In this she has admirably succeeded; but, as her book is intended principally for the use of beginners, it might be as well not to confuse them with theories such as those respecting Anne Hathaway's parentage, and her husband's travels in Germany and Italy. However, aside from a few minor speculations of this nature, the work is an admirable one, which cannot fail to assist the student by reason of its concise chronological arrangement, and the excellent index which terminates the volume. Those who are familiar with the plan of Mr. Tweddell's work, published some thirty years ago, will appreciate the labors of Mrs. Dall; and, in view of this fact, we sincerely trust that Mr. Halliwell-Phillipps will forgive her for misspelling his name whenever she has had occasion to quote it.

IN Grand Lake, Sandy Lake, and other bodies of fresh water in Newfoundland, seals are known to breed in abundance, never visiting the sea. Like habits are said to be found in these animals inhabiting Lake Baikal in central Asia, twelve hundred and eighty feet above sea-level. In a pamphlet by Mr. Harvey, entitled 'Across Newfoundland,' the author is of the belief that these fresh-water lakes of Newfoundland have undergone a gradual change from a previous brackish or salty condition, and that the inhabitants have by degrees adapted themselves to their changed conditions. Grounds for this belief are afforded by the fact that other large bodies of salt water in Newfoundland are during periods of the year cut off from the sea, and might readily become permanently separated.

*The chemistry of cookery.* By W. MATTIEU WILLIAMS. New York, Appleton, 1885. 12°.

*Diet for the sick.* A treatise on the values of foods, their application to special conditions of health and disease, and on the best methods of their preparation. By Mrs. MARY F. HENDERSON. New York, Harper, 1885. 12°.